9/6/26

Exercise: Simple exercises to do in class , and in home

If you want simple exercises you can do **while listening in class** without disturbing your learning, focus on small movements and posture:

1. **Neck stretches** – Slowly tilt your head left, right, forward, and backward.
2. **Shoulder rolls** – Roll your shoulders forward and backward 10 times.
3. **Ankle circles** – Lift one foot slightly and rotate the ankle.
4. **Calf raises (seated)** – Lift your heels off the floor and lower them.
5. **Glute squeezes** – Tighten your glute muscles for 5–10 seconds, then relax.
6. **Core bracing** – Gently tighten your abdominal muscles while sitting upright.
7. **Hand grips** – Squeeze and release your fists repeatedly.
8. **Deep breathing** – Inhale slowly through your nose and exhale slowly to improve focus.
9. **Posture correction** – Sit straight with your shoulders back and feet flat on the floor.
10. **Eye exercise** – Every 20 minutes, look at something far away for 20 seconds to reduce eye strain.

For students, the most useful combination is:

- Sit with good posture.
- Do deep breathing.
- Perform shoulder rolls and ankle circles occasionally.
- Follow the 20-20-20 eye rule.

These can help you stay alert and comfortable without distracting yourself or others during class.

Ankle Joint

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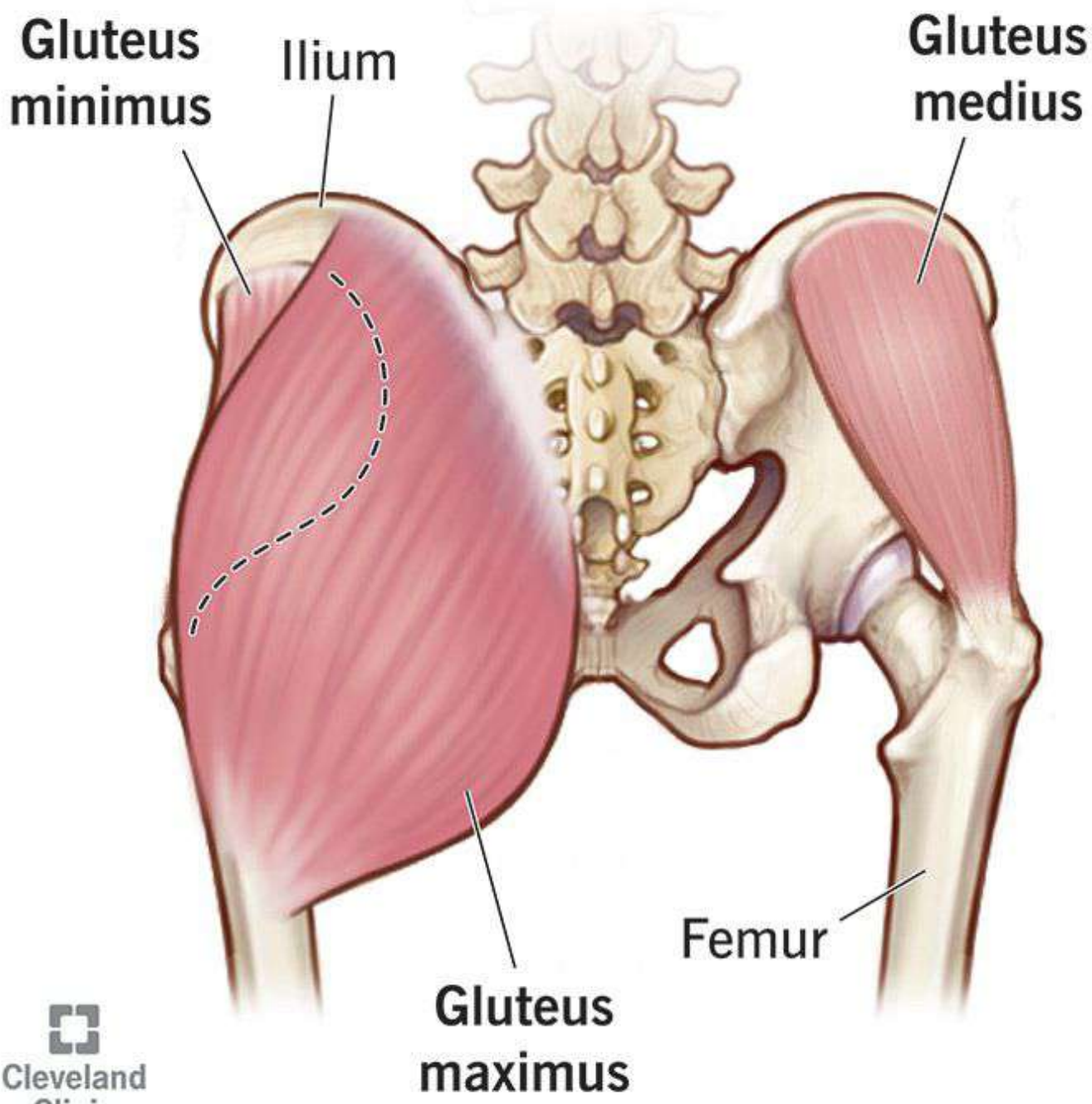
calf rises

Gluteal muscles



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These can help you stay alert and comfortable

Share a link to chat?
This creates a copy that others can chat with

Tell me the best and simple useful exercises to do in home without any equipment

If you want a simple, equipment-free routine at home that improves strength, fitness, and health, these are some of the best exercises:

1. Push-up – Builds chest, shoulders, and arms.
2. Squat – Strengthens legs and glutes.
3. Plank – Improves core strength and posture.
4. Lunge – Works legs, balance, and stability.
5. Glute Bridge – Strengthens glutes and lower back.
6. Mountain Climber – Great for fitness and endurance.
7. Jumping Jack – Improves cardiovascular health.
8. Burpee – Trains strength and cardio together.
9. Bird Dog – Improves balance and core control.
10. Wall Sit – Builds leg endurance.

Simple 15-Minute Routine

- 15 Squats
- 10 Push-ups (or knee push-ups)
- 30-second Plank
- 10 Lunges per leg
- 20 Jumping Jacks

Repeat 3 rounds, resting 30–60 seconds between rounds.

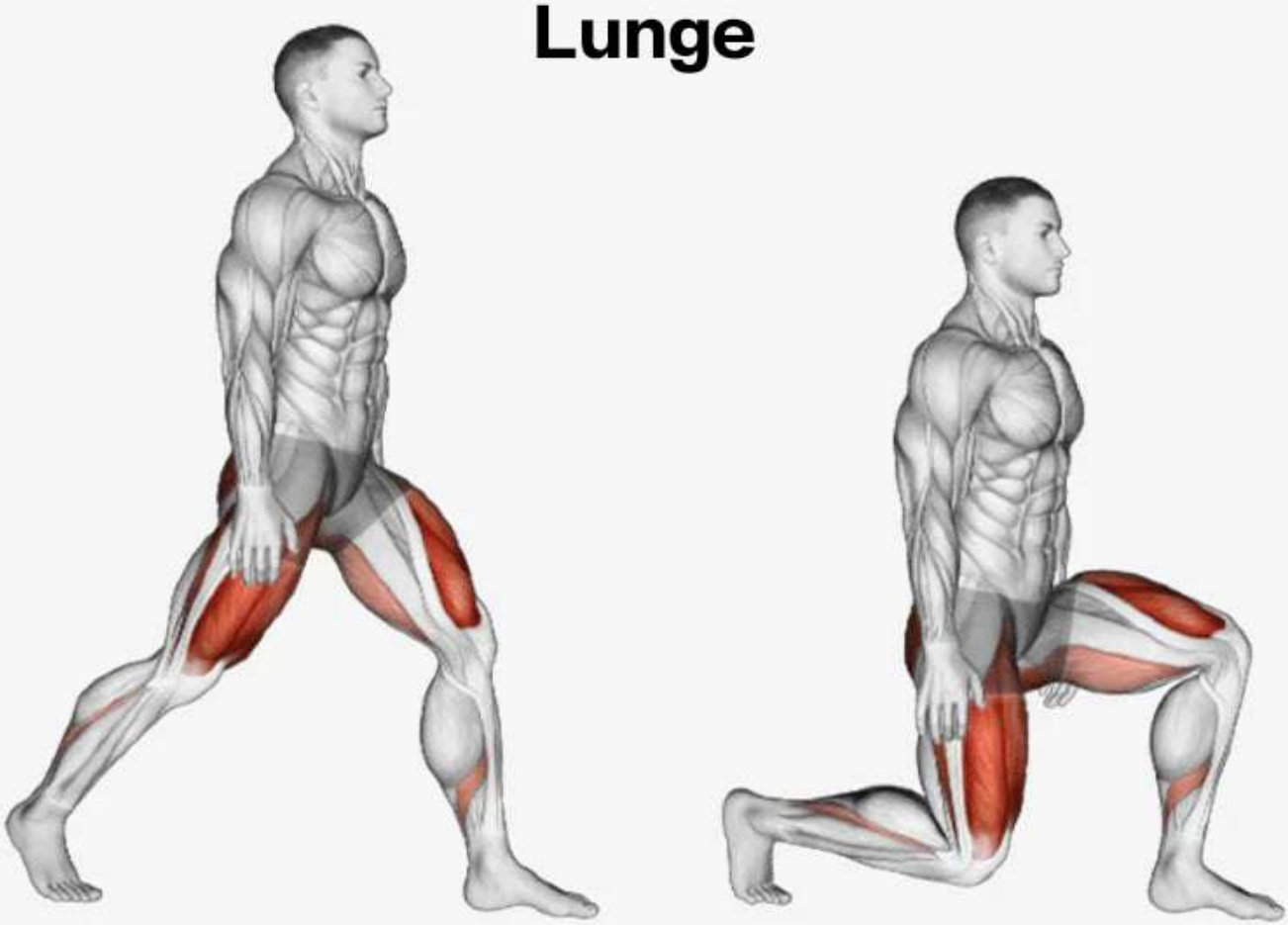
If you're a beginner, doing this routine 4–5 days per week is enough to improve strength, fitness, and overall health.

Push-Up
SIXSTAR

Squat

Plank

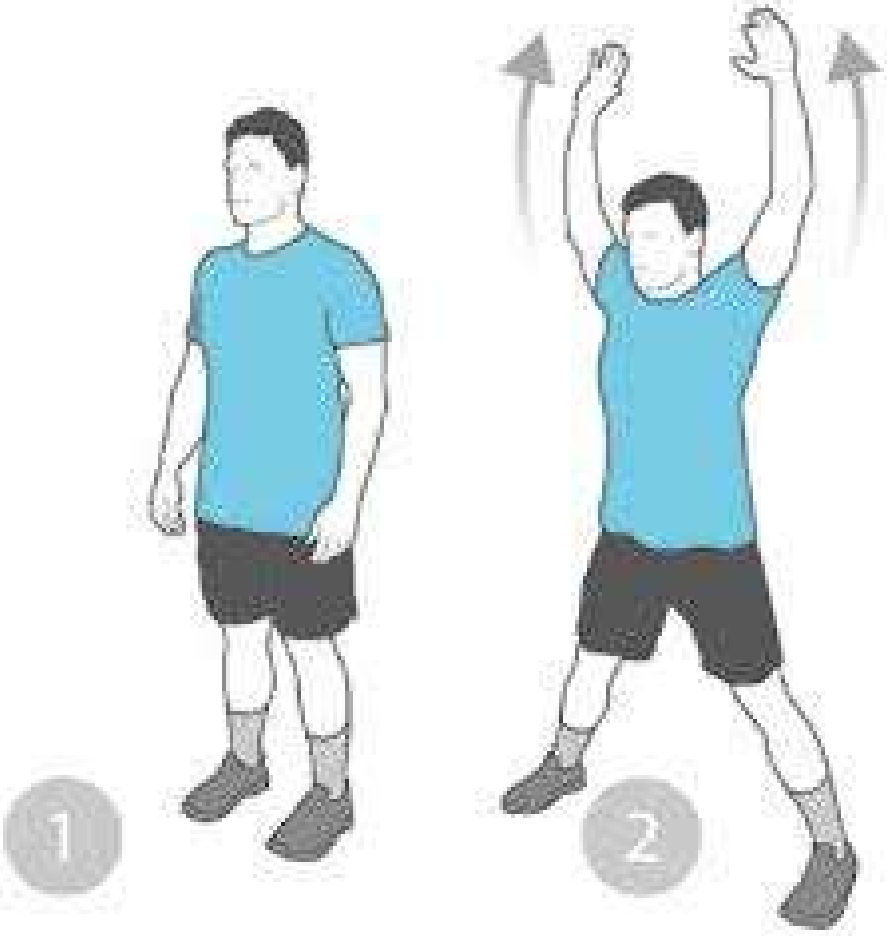
Lunge



Glute Bridge

Mountain Climber

Jumping Jack



HOW TO DO THE PERFECT BURPEE

1. Squat and place your hands on the floor

2. Jump feet back into a plank position

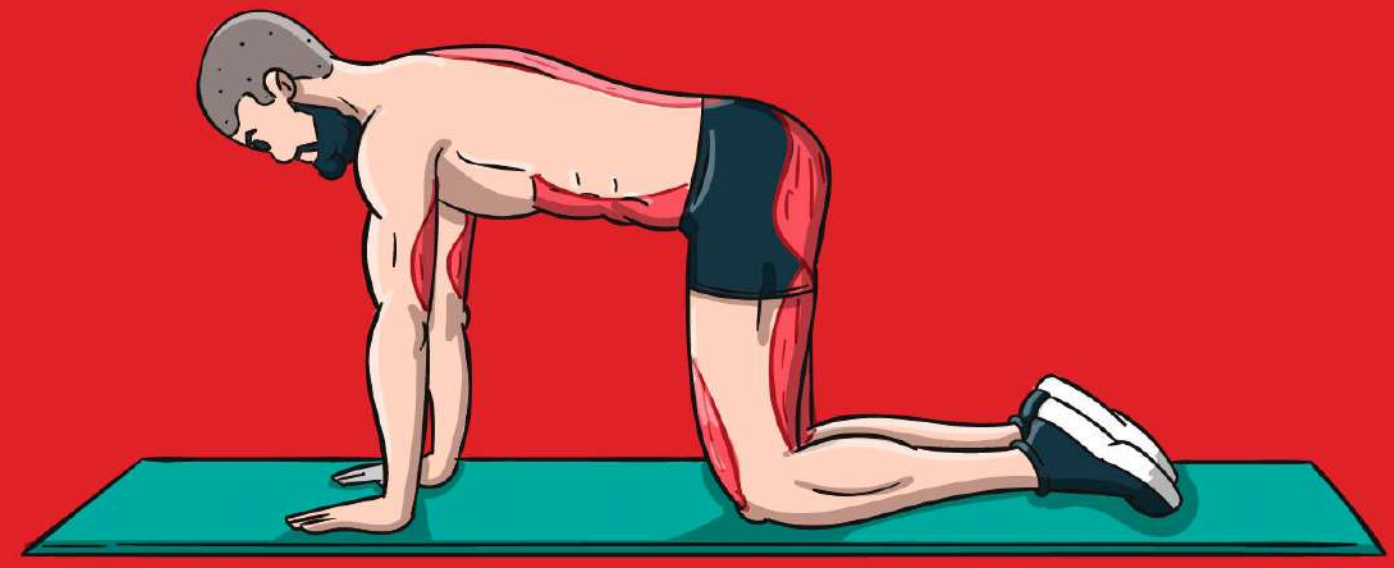
3. Drop to a push-up

4. Push up

5. Jump feet in to a squat

6. Jump up, reaching your hands overhead

Bird-Dog



YOUR HOUSE
FITNESS

Wall-sit